Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) A method for sending an electronic message comprising the following steps:

(a) in preparation for sending an e-mail message, performing the following substep:

(a.1) removing from any addresses specified in a "To" field of the e-mail message, any addresses within a field of the e-mail message used to specify addresses to be removed from the "To" field; and,

(b) sending the e-mail message.

2. (Original) A method as in claim 1 wherein step (a) additionally comprises the following substep:

(a.2) removing from any addresses specified in a "Cc" field, any addresses within a field used to specify addresses to be removed from the "Cc" field.

3. (Original) A method as in claim 1 wherein step (a) additionally comprises the following substep:

(a.2) removing from any addresses specified in a "Bcc" field, any addresses within a field used to specify addresses to be removed from the "Bcc" field.

4. (Original) A method as in claim 1 wherein in substep (a.1) at least a subset of addresses to be removed from the "To" field are specified using a group list.

5. (Original) A method as in claim 1 wherein in substep (a.1) at least a subset of addresses to be removed from the "To" field are specified using at least one group list and at least one individually listed address.

6. (Original) A method as in claim 1 wherein step (a) additionally comprises the following substep:

(a.2) removing from any addresses specified in the "To" field, any addresses within a field used to specify addresses to be removed from all address fields.

7. (Original) A method as in claim 1 wherein step (a) additionally comprises the following substeps:

(a.2) removing from any addresses specified in a "Cc" field, any addresses within a field used to specify addresses to be removed from the "Cc" field;

(a.3) removing from any addresses specified in a "Bcc" field, any addresses within a field used to specify addresses to be removed from the "Bcc" field; and,

(a.4) removing from any addresses specified in the "To" field, the "Cc" field and the "Bcc" field any addresses within a field used to specify addresses to be removed from all address fields.

8. (Currently Amended) A method for sending an electronic message comprising the following steps:

(a) in preparation for sending an e-mail message, performing the following substep:

(a.1) removing from any addresses specified in a "To" field, a "Cc" field and a "Bcc" field of the e-mail message any addresses within a field of the e-mail message used to specify addresses to be removed from all address fields.

(b) sending the e-mail message.

9. (Original) An electronic mail system for generating a message for being sent electronically, the message comprising the following fields:

a "To" field for listing primary addresses to receive the message; and,

a field used to specify addresses to be removed from the "To" field in preparation for sending the message.

10. (Original) An electronic mail system as in claim 9, the message additionally comprising the following fields:

a "Cc" field for listing addresses to receive a copy of the message; and,

a field used to specify addresses to be removed from the "Cc" field in preparation for sending the message.

11. (Original) An electronic mail system as in claim 9, the message additionally comprising the following fields:

a "Bcc" field for listing addresses to receive a blind copy of the message; and,

a field used to specify addresses to be removed from the "Bcc" field in preparation for sending the message.

12. (Original) An electronic mail system as in claim 9, the message additionally comprising the following field:

a field used to specify addresses to be removed from all address fields in preparation for sending the message.

13. (Original) An electronic mail system as in claim 9, the message additionally comprising the following fields:

a "Cc" field for listing addresses to receive a copy of the message;

a "Bcc" field for listing addresses to receive a blind copy of the message; and,

a field used to specify addresses to be removed from all address fields in preparation for sending the message.

14. (Currently Amended) An electronic mail system for generating a message for being sent electronically, the message comprising the following fields:

a plurality of address fields, the address fields comprising:

_____a "To" field for listing primary addresses to receive the message,;

_____a "Cc" field for listing addresses to receive a copy of the message,

and;

_____a "Bcc" field for listing addresses to receive a blind copy of the message; and,

a field used to specify addresses to be removed from all the address fields in preparation for sending the message.